



Welcome to Naval Medical Clinics, United Kingdom

We look forward to serving you and your family upon your arrival to the United Kingdom. This fact sheet is designed to provide useful information as you prepare for your upcoming move.

Should you need medical care while in transit, this sheet offers guidance for most scenarios.

Leaving your old duty station: When you check-out from your existing Military Treatment Facility and collect your medical records, please ensure that you also visit the local TRICARE Service Center to dis-enroll if you are currently enrolled in TRICARE Prime. Your TRICARE benefit is fully transportable from one region to the next, meaning your old TRICARE region will cover authorized medical expenses while you are in transit. TRICARE Prime enrollees can obtain uninterrupted Prime healthcare coverage worldwide, at less cost and improved access to care. **REMEMBER TO HAND CARRY YOUR MEDICAL RECORDS AND DON'T HAVE THEM PACKED IN YOUR HOUSEHOLD GOODS SHIPMENT.**

Medical Care During Transit: If you are taking leave between duty stations, you may find yourself in an unfamiliar area and in need medical attention. If there is an emergency involving you or your family members, GET THE MEDICAL ATTENTION at the closest civilian or military Emergency Room. You may be required to pay for services rendered. Submit the CHAMPUS claim to the claims processor servicing your old TRICARE Region. If you have questions, the regional TRICARE phone numbers are listed on the other side of this fact sheet.

If you need non-emergent care and you are near a military treatment facility, try to go there first. If this isn't practical, contact the TRICARE Service Center in the state you are residing. They will be able to direct you to a Preferred Provider in that region - a doctor who participates in the TRICARE program. Be sure to inform them of the reason for the medical visit. Non-emergent care must normally be pre-authorized from your former Primary Care Manager, be sure to comply with your

former TRICARE Region's policies regarding pre-authorization, otherwise, wait until you arrive in the United Kingdom.

Active Duty Members: The Military Medical Support Office provides information and support on TRICARE, pre-authorization for active duty members, case management and other related health information for members in remote locations 50 miles from a military treatment facility [MTF] or in transition between duty stations. The 24-hour telephone support center for active duty service members can be reached at 1-888-MHS-MMSO.

Upon Arrival in the United Kingdom: You will be expected to enroll in your new TRICARE region within 30 days of your sponsors "report no later than date". We will provide you the opportunity to enroll in TRICARE during command orientation. The Family Service Center conducts monthly orientations where a comprehensive medical brief is presented. Once you arrive in the area, contact the Family Service Center at 01895-61-6500 or from the US at 011-44-1895-61-6500 to register for orientation. The DSN number is 235-6500.

If you have any questions concerning the TRICARE program in the United Kingdom, please do not hesitate to contact us either prior to or after your arrival in the United Kingdom. There are several ways to contact us, and they are listed below. Again we look forward to serving you upon your arrival and hope that your transition goes smoothly.

TRICARE Service Center, U.S. Naval Medical Clinics, U.K.

Office Hours: 0730 - 1630 Monday through Friday
Tel: Commercial UK: 01895-61-6393/6328
US: 011-44-1895-616393
DSN: 235-6393/6328
Fax: Commercial UK: 01895-61-6323
US: 011-44-1895-616323
DSN: 235-6323

E-mail: TRICAREuropeUK@med.navy.mil

TRICARE Regional Toll Free Telephone Numbers:

State:	Region	Phone	State:	Region	Phone
Alabama	4	(800-444-5445)	Missouri	7/8	(888-874-9378)
Alaska	12	(800-242-6788)	Montana	7/8	(888-874-9378)
Arizona (Excluding Yuma)	7/8	(888-874-9378)	Nebraska	7/8	(888-874-9378)
Arizona (Yuma)	9	(800-242-6788)	Nevada	7/8	(888-874-9378)
Arkansas	6	(800-406-2832)	New Hampshire	1	(888-999-5195)
California (Northern)	10	(800-242-6788)	New Jersey	1	(888-999-5195)
California (Southern)	9	(800-242-6788)	New Mexico	7/8	(888-874-9378)
Colorado	7/8	(888-874-9378)	New York	1	(888-999-5195)
Connecticut	1	(888-999-5195)	North Carolina	2	(800-931-9501)
Delaware	1	(888-999-5195)	North Dakota	7/8	(888-874-9378)
District of Columbia	1	(888-999-5195)	Ohio	5	(800-941-4501)
Florida (Excluding Panhandle)	3	(800-444-5445)	Oklahoma	6	(800-406-2832)
Florida (Panhandle)	4	(800-444-5445)	Oregon	1	(800-404-0110)
Georgia	3	(800-444-5445)	Pennsylvania	1	(888-999-5195)
Hawaii	12	(800-242-6788)	Rhode Island	1	(888-999-5195)
Idaho (Excluding Northern part)	7/8	(888-874-9378)	South Carolina	3	(800-444-5445)
Idaho (Northern part)	11	(800-404-0110)	South Dakota	7/8	(888-874-9378)
Illinois	5	(800-941-4501)	Tennessee	4	(800-444-5445)
Indiana	5	(800-941-4501)	Texas (Excluding SW corner)	6	(800-406-2832)
Iowa	7/8	(888-874-9378)	Texas (Southwest corner)	7/8	(888-874-9378)
Kansas	7/8	(888-874-9378)	Utah	7/8	(888-874-9378)
Kentucky	5	(800-941-4501)	Vermont	1	(888-999-5195)
Louisiana (Eastern third)	4	(800-444-5445)	Virginia (Northern)	1	(888-999-5195)
Louisiana (Western two thirds)	6	(800-406-2832)	Virginia	2	(800-931-9501)
Maine	1	(888-999-5195)	Washington	11	(800-404-0110)
Maryland	1	(888-999-5195)	West Virginia (Excluding NE)	5	(800-941-4501)
Massachusetts	1	(888-999-5195)	West Virginia (Northeast corner)	1	(888-999-5195)
Michigan	5	(800-941-4501)	Wisconsin	5	(800-941-4501)
Minnesota	7/8	(888-874-9378)	Wyoming	7/8	(888-874-9378)
Mississippi	4	(800-444-5445)			

